

Reserve Component Physical Training Program

Physical Activity Readiness Questionnaire (PAR-Q)

Before engaging in a moderate to vigorous physical training program, certain medical or health issues need to be addressed. This is especially important if you are sedentary or are over 40 years of age. Occasionally, diseases are present which you may not be aware of (for example, the early stages of cardiovascular disease) which may cause problems when a vigorous exercise program is begun.

Ask yourself these key questions to see if you should get a medical screening. Common sense is your best guide when you answer these questions. Please read each question carefully and answer each one honestly: check YES or NO.

YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of any other reason why you should not do physical activity? |

If you answered yes to one or more questions:

- ✓ Talk with your doctor by phone or in person BEFORE you start this exercise program. Tell your doctor about the PAR-Q and which questions you answered yes.
- ✓ Talk with your doctor about the activities in this program and follow his/her advice.

If you answered no honestly to all PAR-Q questions, you can be reasonably sure that you can:

- ✓ Start this program – begin slowly and build up gradually – starting with the walk to run program (refer to Section 1A) is the safest and easiest way to go.